



Williams Sportsman's Club

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“On Target!”



March 2023

President's Message

Perseverance----

Mr. Webster defines it as “Steadfast adherence to a course of action, belief or purpose”!! For those folks who happen to reside in the Northern reaches of our great state, opportunities have been plentiful to “persevere” since Mother Nature opened the heavens and dumped over 12 feet of that white fluffy stuff on us over the course of a couple of months. Our “course of action” adherence was to never put our snow shovels away, keep the wood box full and make a quick trip to grocery store when conditions allowed. Our “belief” was that it just couldn't, just wouldn't snow anymore this particular day yet that's exactly what happened!!! How could it possibly be snowing since I'm seeing what I believe is almost blue skies above.

Your WSC Range remains closed waiting for arrival of the “big” iron to plow the road, parking lot and enough of the Range to allow our membership back to sending a few rounds downrange — and we hope that will happen sooner rather than later!! Stay tuned for email notifications, webpage announcements or Facebook posts when conditions permit the Range to open once again.

Since January 1st, we've only opened the Range twice---and on both of those occasions it was shut down early due to weather conditions. But warmer temperatures and sunshine are more prevalent these days, so keep thinking positively that soon you will be back to pulling the trigger while sharing your “there I was” snow stores about the winter of 2023.

Keith Heimes, President

Announcements

WSC to host Family Fun Shooting Day & Turkey Shoot Saturday May 13th

Your WSC will be hosting this family event to benefit three local youth organizations. The event is open to all WSC members, your friends and neighbors, and the general public who are not members. Adult and youth rifle, pistol, and black powder shooting events will be held. There will be prizes awarded for each category. Challenge your friends to come and compete in this first ever and anticipated annual event! Youth and new shooters are invited to participate for free with the .22 rifles and ammo provided by the WSC. Bring your gun and ammo for each event, hearing, eye protection, and a folding chair. On site food will be available and complimentary cold bottled water, a covered eating area, tables, and chairs will be provided.

Come on out and support these well deserving youth organizations!



Arizona Cloth a Child Program



Parks in the Pines 4H



Williams Cub Scout Pack 140

- Rifle shooters under 18 must be accompanied by an adult.
- Pistol shooters under 21 must be accompanied by and adult.
- Disabled accessible, NO pets allowed

All the details are outlined in the event flyer which was emailed as a second attachment along with this newsletter. Print the flyer out and send it along to you friends and neighbors. You can also just FORWARD the entire email along.

We hope to see everyone there!

WSC Winter Range Days & Hours

As a reminder our winter range hours are 10 AM - 2 PM, every Wed, Sat and the 1st and 3rd Sun of the month. Please note that bad weather or a scheduling conflict with other users will affect our permitted use. Your WSC makes timely notification to all our members via email but if unsure always check Facebook or our club website www.williamssportsmansclub.COM for the latest info. We switch to 'Summer' hours April 1st which are 9 AM - 1:00 PM.

Have a Question?

If you have a question regarding the Range or WSC activities please shoot us an email at wscsz2020@hotmail.com

Civilian Marksmanship Program (CMP) – visit them at thecmp.org

The CMP has M1 Rifles, M1 Carbines, and M1911 Pistols available for sale along with M2 ball (.30-06), .30 carbine, and .22 Long Rifle ammunition. All this plus other rifles and parts available too. CMP Purchase Eligibility Requirements are listed on their website.

Club Management

Monthly meetings

WSC Board and General meetings are held the second Wednesday evening of every month starting at 5:30 PM at the American Legion Hall, 425 West Grant Ave. All WSC members and the public are welcome to attend.

March 8th Board Meeting Highlights –

- The current range conditions and snow issues were discussed. Any clearing effort to re-establish range operations is dependent upon good weather.
- Range use proposals from several entities were reviewed. While acknowledging that the WSC is not the sole arbitrator of Range use we are hopeful that thoughtful coordination by WPD will minimize any disruptions to our set schedule.
- The grant request for replacement Sporting Clays bird throwing machines was considered by the FNRA and the WSC was approved for three new machines and \$1,200 for associated equipment. While appreciated this only provides half of the funding needed to revamp our shotgun range. The Board approved completing the effort and the allocation of necessary funds from our existing predesignated sporting clays funds for the remaining equipment and shipping costs.
- Planning efforts related to the upcoming Family Fun Shooting Day & Turkey Shoot on Saturday May 13th was discussed. This event is an important public outreach effort which we hope will increase our standing in the community, increase the interest in youth sports shooting, and should generate some funding for local charitable efforts. Event planning involves scheduling personnel, acquiring equipment and supplies, formulating an operational plan, publicity, public outreach, and other details. The Board approved \$1,000 in funding to support the effort.

Next WSC Board meeting set for April 12th at 5:30 PM.

Rifle & Pistol Range Activities

Range Closed – Snow – For Now

As discussed at the Board meeting the WSC is dependent upon sunshine.

Shotgun Range Activities

Range Closed – Snow – For Now

Snowed In or Snowed Out??? Which is it??? Does it really matter?? If I can't reach the Sporting Clays Range due to 2" of snow, then guess I'm technically "snowed out." So we will go with that definition for now. And that seems to be the conditions hindering Range access for the foreseeable future. But despair not as warmer temperatures and sunshine are slowly shrinking the snow and most certainly will be leaving us with some rather muddy conditions as we try to navigate to the Clays range—those too we can overcome. Some good news for our loyal clay shooters, WSC was awarded NRA grant money to upgrade out throwers which will allow for an enhanced shooting experience. Ideally the drone of the generator will be no more, and the birds will fly with enhance zest and reliability. Shooters just might have to increase their lead a tad bit!!! Our goal is to have the new equipment functional by early summer—so for all you folks who have not joined us yet, please come on out and meet some new folks and break some clays. You'll enjoy it!

NOTE - The scheduled March 26th shoot has been cancelled.

Range Improvement Project

No Activity

Due to the current snow and ice conditions further improvements are on hold.

Range Safety Officers

WSC Members' 2023 Membership Cards

In the RSO range box. See Chuck if you have questions or problems.

Flyers for the WSC Family Fun Shooting Day and Turkey Shoot May 13th will be at the range for members to pick up for distribution.

Tactical Tips

As we discussed last month YOU are the best protection you have. So WHAT is the best way for YOU to protect YOURSELF? Let's review the first of four areas you must learn about and adhere to the practice of -

- Situational Awareness – a constant check on your surroundings, people, what is happening around you.
- Predetermined Responses – pre-thought out courses of action for uncertain or dangerous conditions.
- Equipment – a cellular phone, flashlight, 1st Aid Kit, weapon, a vehicle in good condition, and the essential items for Northern Arizona.
- Training – the art of scanning, keeping a low profile, equipment that is ready and that you are familiar with, keeping your defensive skill sets up.

Next month we will start our expanded reviews.

Snap 'Shot'

A well-deserved Shout Out of "THANK YOU" to Williams former Mayor John Moore by WSC!



While your WSC club Bylaws restricts our organization from political endorsements it certainly does not prevent us from publically acknowledging and expressing heartfelt thanks for his years of support provided to the WSC and the associated help with the range by the City of Williams.

John Moore, a longtime town figure and civic booster, has devoted decades of service to his community and its residents. Your WSC will be presenting him a plaque at the March 23rd City Council meeting in Williams at 7 PM. It reads *"In grateful recognition of your unwavering*

support in the establishment of the Williams Public Shooting Range, the formation of the Williams Sportsman's Club, and your continuing dedication to Youth Shooting Sports, Hunter Education, and the Defense of the Second Amendment. By President Keith Heimes and the Board of Directors."



Maintaining Hydration

Hydration status varies between one individual and the next individual. A 20 to 40 year-old may have very different fluid needs than the 50 plus year-old. As we age our activity levels change, our body's ability to manage fluids may change, and certain medications will all affect our fluid intake and our fluid losses. The environment we are in can also affect our ability to maintain a positive balance of fluids. This balance of fluids is important for our overall health and well-being.

The next step in keeping hydrated is being aware of the recommended amount of water/fluids for yourself. This is not a firm 'drink 8 glasses a day'. As above, your age, health, medications, environment will determine an individuals' water/fluid needs. The easiest and quickest way to determine your hydration level is to observe your urine color. In general, if your urine is pale yellow to clear and you have visited the rest room every few hours you are most likely sufficiently hydrated. If you are outside being active in warm weather, it is best to have water with you. Do not wait until you are thirsty to drink water. By the time an individual is thirsty that person could have lost 2%-3% of their body fluid level.

A second way to determine your individual body fluid need is to take 1/3 of your body weight and drink that number of ounces per day. If you weigh 160 lbs. 1/3 of 160 equals approximately 53 lbs. so you should drink approximately 53 ounces of water/day which is about 6.6 cups. (<https://ncoa.org/article/the-truth-about-hydration-7-myths-and-facts>).

There can be too much of a good thing as water toxicity (too much water/fluids) can also cause serious health issues such as fluid overload in the elderly, and hyponatremia (too little sodium in the blood) for all ages. If you have Cardiac, Kidney, and/or Endocrine issues, ask your physician for your daily recommended fluid intake, and especially if you are on any specific medications that may alter your fluid balance. Also remember that many vegetables and fruits are high in water content (cucumbers, celery, watermelon, peaches, and pears).

Signs and symptoms of mild dehydration include: dry mouth, fatigue, headache, muscle cramps and poor skin turgor. A person should be given water and possibly electrolytes in the water for recovery. Usually, the individual will improve in 5-10 minutes.

Signs and symptoms of moderate to serious dehydration include confusion, dry/sunken eyes, severe muscle cramps, low blood pressure and more. This is best treated by medical personnel. Do Not Wait to seek a higher level of care. <https://ncoa.org/article/the-truth-about-hydration-7-myths-and-facts>

Looking forward to seeing everyone back on the range with a nice cool bottle of water in their range bags! Annette (RSO)

Gun Shows Info

Go to arizonagunshows.net and/or gunshowtrader.com for the most up to date information before traveling.

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| Mar 25-26 | Queen Creek, Safford |
| Apr 1-2 | Glendale, St. Johns |
| Apr 15-16 | Winslow, Yuma |
| Apr 22-23 | Bullhead, Phoenix |
| Apr 29-30 | Tucson, Kingman |

Lock, Stock & Barrel Trivial Pursuit

Question – How does the BATFE's latest 'Pistol Brace Rule' affect those who own one?

Answer - Washington Gun Law President, William Kirk, attempts to give folks an objective breakdown of what ATF's new pistol brace rule really means. This video is not a political rant about the actions of the ATF, rather this is a video to help you understand in simple English what this really means for those who own one. Copy and paste this into your browser - www.youtube.com/watch?v=WnvPdE75qZs

The Grump – “Here’s my opinion – ought to be yours!”



I'm on two diets. I wasn't getting enough food on one.

I put my scale in the bathroom corner and that's where the little liar will stay until it apologizes.

Turns out that being a "senior" is mostly just googling how to do stuff.

I haven't gotten anything done today. I've been in the Produce Department trying to open this stupid plastic bag.